Chichester Herald

Friday 3rd January 2014
YOUR FREE WEEKLY NEWSPAPER
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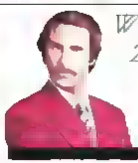

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Village stunned by murder

>> *Murder hunt after woman found dead in mansion in Midsomer Murders village*

Police at the scene

Dean Adams
NEWS@CHICHESTERHERALD.CO.UK

A VILLAGE is in shock after a woman was found murdered while house-sitting in West Sussex.

She has been named as Valerie Graves, 55, and was staying at the property in Smuggler's Lane, Bosham, near Chichester, with her family while the owners were on holiday.

Ms Graves of Bracklesham Bay, was found dead at the house on Monday, having suffered a serious head injury.

Sussex Police said she had two adult children.

Det Supt Nick May said Ms Graves and four of her family members had been house-sitting at the house since 23 December.

Her sister Janet, 60, brother in-law Nigel Acres, 59, and mother Eileen, 87, are understood to have been inside the house at the time the attack happened.

He said a definite cause of death had not been established, but that Ms Graves had appeared to have some sort of head injury.

'Her body was found by a member of her family and at first they called the ambulance service, who contacted Sussex Police,' he said.

It suggests Ms Graves either got up during the night and was confronted by her killer while the rest of her family slept, or was murdered in her bed. Her body was not discovered until 9.50am on Monday.

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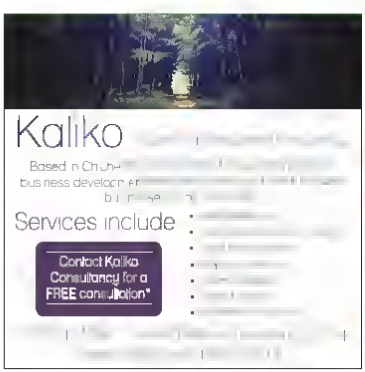

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Murder hunt after woman found dead in Bosham

Left: Police forensics arrive at a house in Smuggler's Lane, Bosham, West Sussex, where a 55-year-old woman was found murdered

Continued from page 1

The fact that none of her three relatives heard anything untoward also suggests Ms Graves was surprised by her attacker and did not have a chance to shout for help.

Police said the three family members are all assisting the investigation as witnesses, and today a 14ft motor boat belonging to the owners of the house was removed from a stream at the rear of the property as officers continued to search for clues.

Detectives say they are keeping an open mind as to the motive, and have not ruled out the possibility that Ms Graves knew her attacker or was killed because she disturbed burglars who may have assumed the house was unoccupied.

A Home Office pathologist is carrying out a post-mortem examination to determine the exact cause of Ms Graves's death, with the results expected to be made public overnight. No arrests have been made so far.

Ch Insp Tanya Jones said the crime was very rare for the Bosham and Bracklesham Bay area.

"These are really low crime areas where we have hardly any residential burglaries or acquisitive crime or any violence of that magnitude," she said.

"It's incredibly rare for that community."

She said additional patrols were in place to reassure residents and that officers were conducting house-to-house inquiries.

A neighbour, who did not wish to be named, told the Press Association: "They [the owners] have people staying in the house while they are away for the holidays, it could be friends, it could be family.

"It is not rented out, people come because it is a nice place to visit.

"I am just very sad for our neighbours and for everybody.

"You can't imagine coming back from holiday to this, it must be just horrendous."

Bosham featured in an episode of the crime drama Midsomer Murders called Written in Blood, in which a male victim was found bludgeoned to death in his bedroom.

Let us know what you think @Chiherald

Selsey man pleads guilty to benefit fraud

A SELSEY man has been given a two year conditional discharge after dishonestly claiming over £8,000 in benefits.

Eric Clark (75) from Manor Lane in Selsey, had claimed council tax benefit and pension credit, but failed to notify both Chichester District Council and the Department for Work and Pensions that he had three pensions paid into a bank account that had also not been declared for benefit assessment purposes.

Mr Clark was overpaid council tax benefit of £6,435.00 and pension credit of £1,713.67 from October 2003 to November 2012.

He pleaded guilty to two charges of failing to notify a change of circumstances and retaining a wrongful credit.

Magistrates at Worthing sentenced him to a two year conditional discharge on Thursday 12 December.

Chichester District Council and the Department for Work and Pensions will seek to recover all the overpaid benefit.

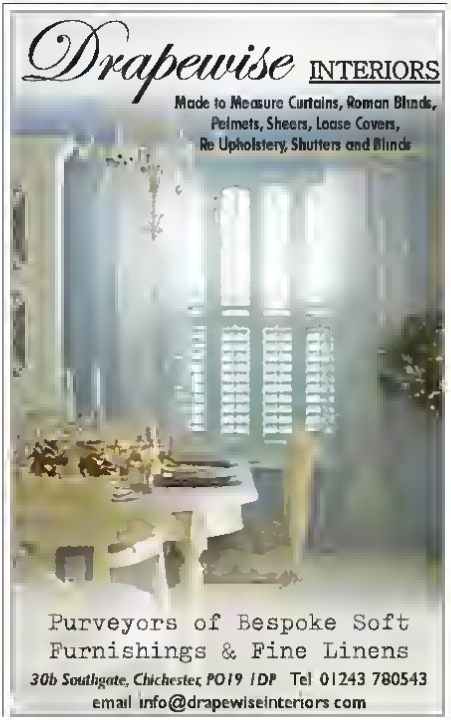
Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says: "Benefit fraud is a very serious crime and we will prosecute those people guilty of it. When making a claim to benefit, all income and capital has to be declared, no matter what its source. The benefits system is there to help those genuinely in need, not those who want to abuse it by claiming money that they are not entitled to receive.

If you suspect anyone of committing benefit fraud you can contact the council's investigation team on a confidential 24 hour fraud hotline number on 01243 534590, or you can report it online.

Anorak Corner

Interesting snippets of information about Chichester

Aldwick, briefly became the focus of the British Empire when King George V convalesced at Craigwell House in 1929. This visit led directly to Bognor attaining the title 'Regis'.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Tweets of the Week

All tweets are from Chichester people or about the area (some tweets may contain errors) **Let us know what you think @Chiherald**

@stuber
Mums of Chichester : Now I know why you have such ridiculously large cars – to fit your ridiculously large pushchairs in

@SkyNewsBreak
Sussex Police launches murder inquiry after 55-year-old woman found dead with serious head injury in Bosham near Chichester

@KerryJordanTog
@The_Witterings So glad we made the most of the weather yesterday It's grim out today #WestWittering

@thezarbi
Just seen "the witches" at chichester festival theatre Very good'

@MattWood_90
Best Christmas present so far beating Pagham and scoring! #UpThe Blues #Buzzing @SelseyFC

@sldigital
Highlights of 2013: Goodwood FOS with MGN amazing atmosphere and meeting your heros #imgkenny #FOS #MGN

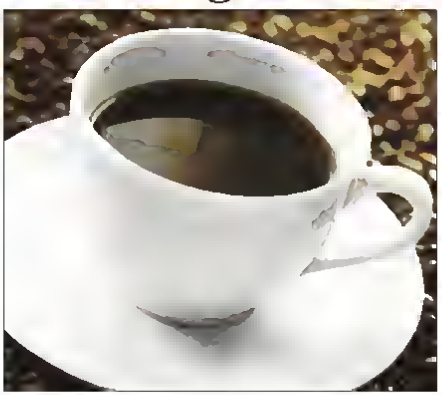
@VisitBritain
British cathedrals are treasure troves of art. Chichester Cathedral has a window by Chagall http://www.chichestercathedral.org.uk

@Brackleshamn
Big fat gypsy wedding theme night at the royal oak in east wittering tonight. Nearly tripped over a pony tied to a tree

@kevbaby69
So first pint of the NYE session in my hand @The ShipHotel As it's raining and we're staying in Christmas as well start now...

@joby
Claire Leighinn's masterful wood engravings of rural life are now showing at Pallant House Gallery, Chichester

How the heck can my pants be the same price as larger ones?



CLEVER PACKAGING

I am certain that shampoo manufacturers deliberately put the conditioner in identical bottles so you can't tell which is which How many times have you used the wrong one and had to throw away a good splodge They even write the words in small type

CLOTHING COSTS

I am about average height and build If I buy pants they're 34 waist and 31 leg How the heck can my pants be the same price as ones 42 waist 34 leg? They are

AIRLINE COSTS

Similarly if I board a plane with 2kg overweight luggage I have to pay extra, but a 20 stone guy scoots through They should weigh passengers and their luggage together

MORE PACKAGING SCAMS

Famous marketing parable A global company that sells olives in jars hired a big consulting firm to try to reverse their diminishing profits They exhaustively examine every aspect of the operation and come up with the following 'Put one less olive in each jar' It works.

RIVER ISLAND

The service in River Island (East St) is such a cut above the rest they deserve a mention. Highly knowledgeable, the staffs are on earpieces to the stockroom, so your request for jeans in a 32" or shoes in a 42 is met supersonically

FARMERS MARKET

The fortnightly Farmers Market brightens up North St and East St though The veg looks like it was just picked the meat was probably very happy and the cheese brings out the gourmet in you But it's the fish stall that says it all Those two fellas look like they were up at dawn pulling up crab pots and hauling in bass They'll shell you your crab in 30 seconds and – which is more much more my son they have whelks in their shells

COFFEE?

I had coffee with a friend in Chichester and we began by choosing somewhere This took several minutes as you appreciate We settled for the coffee shop in Waterstone's as my friend had to buy a book anyway But we got there at 9 15am and Waterstone's doesn't open until 9 30 on a Tuesday But it didn't matter as there is a Costa right next door Where is this coffee epidemic going to end?

CATHEDRAL BELLS

They're so beautiful they should ring them more often But can't they do some covers? I'd like to be able to sing along I've never heard church bells do a tune I know Is it impossible for them to play some Abba?

JOKE

Little boy at the seaside asks his dad for an ice cream, the dad says' No it's too cold!" Little boy goes away and thinks about this comes back," Dad, if I put my coat on can I have an ice cream?"

Contact Tommy: ✉ *tommy.boyd@chichesterherald.co.uk*
Follow Tommy on *@TheTommyBoyd*

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Distribution locations include: Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Chichester College plus **422 newspaper stands** in the area Chichester Herald is also in all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick up point areas and businesses delivered to include
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Twenty five drivers charged with drink-driving over Christmas

TWENTY FIVE motorists were charged with drink related driving offences in Sussex over the Christmas period.

In six days between Christmas Eve and 29 December 38 people were arrested, 25 of these were charged and seven bailed.

Those charged locally include:

Adas Streleckas, 31 and unemployed, of Linden Road, Bognor, was stopped in Linden Road, Bognor, in the early hours of Boxing Day. He has been charged with drink related offences, no insurance and no licence. He was remanded to appeared at Brighton Magistrates Court on 27December, pleaded guilty and was sentenced to a community order, 80 hours unpaid work and costs and was disqualified from driving for near four years.

Mark Acott, 49, a market gardener, of Reeds Farm, Ovingdean, was arrested after a man was reported found slumped in the driver's seat with the engine running and lights on in a car park in Queensway, Bognor, in the early hours of 28 December. He will appear before Worthing magistrates on 18 February.

Student Reece Backshall, 20, of Whitley Close, Emsworth, was stopped in Westhampnett Road, Chichester, on 28 December, for not having an MOT and he was arrested for drink related offences. He will appear before Worthing magistrates on 18 February.

Jaroslaw Pietrusa, 33, of Barton Road, Bognor, was arrested on 28 December after a car was reported crashed into a tree in Victoria Drive, Bognor. He has been charged with drink related offences as well as being in possession of a knife. He will appear Worthing magistrates on 18 February.

Sharon Miles, 43, of Osborne Crescent, Chichester, was arrested after her car was stopped at The Hornet, Chichester, on 28 December. She will attend Worthing magistrates on 18 February.

Aaron Gruber, a chef, aged 24, of Princess Avenue, Bognor, was arrested for drink driving offences in Nyetimber Lane, Bognor on 29 December. He has been bailed to appear before Worthing magistrates on 18 February.

Joshua Rideout, a chef, aged 21, of East Street, Amberley, was stopped after a report of a car being seen to drive at speed in Tanyard Lane, Steyning, on 29 December. He will appear before Worthing magistrates on 18 February.

You can text officers on 65999 with the details of people you suspect of drunk or drug driving, along with their car make and registration number.

To report anyone driving antisocially visit www.operationcrackdown.co.uk.

If you know someone is driving after drinking or taking drugs call 999.

Dogs attack terrier and owner

A COUPLE have reported that while walking their Yorkshire Terrier on Linchmere Common – just off the B2131 Liphook Road between Liphook and Haslemere – at about noon on Christmas Day they were attacked by two large, muscular sandy-coloured dogs.

These dogs burst from the undergrowth and set upon the terrier. When it was picked up by its owner he was bitten on the hand, and the terrier suffered bites to its belly and a hind leg.

A woman appeared who led the large dogs away. She was white, in her late 30s to early 40s, well dressed and with mid length, sandy blonde hair. She came from the direction of Danley Lane.

Police would like to hear from anyone who saw the incident or noticed the two large dogs with their owner. She herself is urged to come forward. They are asked to phone Sussex Police on 101 or email 101@sussex.pnn.police.uk, quoting serial 0352 of 29/12.

Police warn of higher strength heroin

SUSSEX POLICE have become aware that there may be heroin in circulation in West Sussex that has higher than normal levels of purity.

Chief Inspector Howard Hodges said: "While we obviously we do not condone the criminal use of this drug, this clearly presents an increased risk to those who purchase and use this drug. Sussex Police take this issue very seriously and we want to see both these drugs removed from circulation and those unfortunately addicted within our communities protected.

"The purpose of this message is to both raise awareness amongst current heroin users and to ensure that partner agencies involved in the treatment and engagement with those who are addicted can brief their staff and clients and raise awareness.

"If anyone has information in relation to this particular batch of drugs or any wider drugs related information they should call Sussex Police on 101, email us at 101@sussex.pnn.police.uk or anonymously contact Crimestoppers on 0800 555 111. Your information will be treated seriously and in confidence."

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Roads boost will be in the region of £30 million

A WEST SUSSEX County Council Cabinet Member has confirmed that a planned road maintenance boost will involve spending in the region of £30 million.

The investment will figure in the county's budget when it goes in front of the full council meeting in February.

The money will primarily pay for improvements to the county's network of unclassified roads. These make up 55% of the entire road network in the county, and include both residential and rural roads.

Pieter Montyn, Cabinet Member for Highways and Transport, said: "I am delighted to be able to confirm that we plan to spend in the region of £30 million over the next two years as part of the Better Roads Programme.

"I did promise that we would be spending a significant sum, and I can now confirm the sort of expenditure we are working towards as we finalise our budget proposals.

"This is a really sound use of capital financing because there will be benefits not just in terms of improved roads, but also this investment will help reduce our maintenance costs."

In November, Pieter announced that an investigation had been taking place into long term plans for managing the highways network, in response to the many residents who expressed concern about the deterioration of some of our roads.

He said: "By putting in place a long term asset management plan that makes our roads more resilient, we can prevent damage, provide greater value for the taxpayer and make managing problems caused by extreme weather easier.

"If we make the extra capital investment now in upgrading road surfaces, it will reduce annual maintenance costs, and prevent deterioration."

Over the last three years West Sussex has experienced some of the worst weather conditions in living memory.

Record levels of rainfall, along with flooding, freezing temperatures and snow, caused significant deterioration to the county's road network.

While the county's A and B roads, and minor C roads, continued to be maintained above national standards, the network of unclassified roads, which includes residential and rural roads, has slipped.

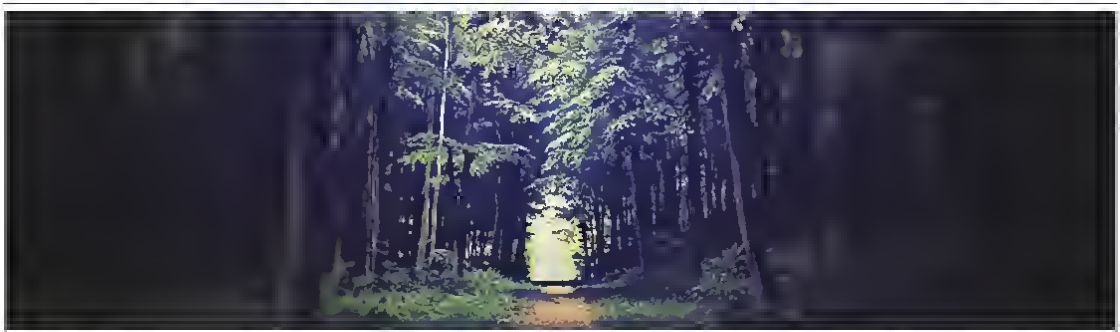
In 2009/10 only 12% of unclassified roads across West Sussex were considered in need of repair.

In 2012/13 that figure had increased to 22%.

Pieter said: "West Sussex needs reliable and safe transport links to help connect people to jobs and businesses.

"Our rural and smaller urban roads have to be up to the job.

"Better roads do not cost as much to maintain and significantly reduce the outbreak of potholes after spells of poor weather."



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Aim for a dry and lighter start to the new year with Dry January

CHRISTMAS is a time when many over indulge in food and drink. Start the new year on a new lighter note by signing up to Dry January.

Run by Alcohol Concern, Dry January challenges people to stop drinking alcohol for 31 days. It aims to get people thinking and talking about their drinking habits, and to reassess them.

West Sussex County Council Cabinet Member for Community Wellbeing Christine Field said: "Going out for the evening, or even staying at home, often involves alcohol, but Dry January is encouraging people to enjoy their social life without an alcoholic drink.

Dry January is aimed at people who don't have an alcohol problem, but who may be drinking a bit too much, too often. It allows people to think about what they're drinking, break any bad habits and in the long term, cut down on their alcohol intake and improve their health.

Christine added: "Why not turn Dry January into a fun challenge – sign up with your friends and look to do different social events and activities on the nights you would have been drinking either out or at home?"

To find out more, and to sign up, visit the website at www.dryjanuary.org.uk. You can also take part in a pre-Dry January survey at https://www.surveymonkey.com/s/WSSX.

To find out more about risky drinking, tips on how to cut down alcohol intake and to take the free Don't Bottle It Up test, visit the Rethink Your Drink website at www.rethinkyour-drink.co.uk.

There's also further information on the West Sussex Wellbeing website at www.westsussexwellbeing.org.uk.

Make time to care for yourself and get your flu jab

CARERS might not know they are entitled to a free flu jab, which will not only help protect themselves but the person that they care for this winter.

West Sussex County Council Cabinet Member for Community Wellbeing Christine Field said: "Carers can sometimes overlook their own health and wellbeing when caring for someone else. But catching flu could affect their ability to provide the support that they usually give.

As a carer your instinct is to do what you can to help and protect the person you care for. So please make time to have your free flu jab, as well as making arrangements for the person you care for to have theirs."

People with long term conditions are able to have a free flu vaccine at their local GP surgery, and carers who look after them are also eligible.

Flu is different to getting a cold and the effects of seasonal flu can be serious. The flu vaccine is provided free at GP surgeries for people with long term conditions, carers, those aged over 65, pregnant women and children who are aged two or three-years-old as of September 1, 2013.

Christine added: "Having the free flu jab isn't just about protecting the carer from getting flu, but also preventing them from passing the virus onto the person they are caring for. Getting flu when you already have a long term condition can lead to serious complications.

"Flu is highly infectious. The virus that causes flu changes every year, as does the vaccine, which is why it is so important that those at risk protect themselves and get the vaccine every year."

Everyone can also take simple steps to reduce their risk of catching and spreading flu by:

• Covering coughs and sneezes with a tissue and disposing of that tissue after one use

• Cleaning hands as soon as possible afterwards with soap and water or an alcohol hand gel

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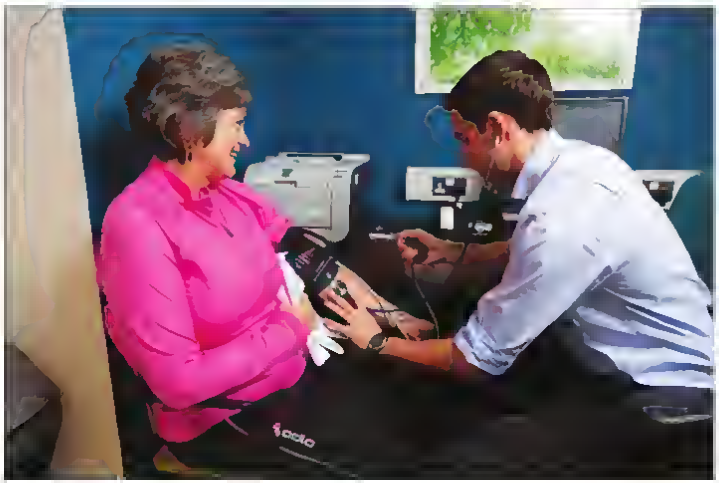


IF YOU WANT TO START 2014 on a healthy note, why not book yourself into a free NHS health check?

The three West Sussex Prevention Assessment Teams (PATs) run health checks in venues across the county

The Western PAT holds regular sessions in Chichester, Bognor Regis and Midhurst

Health checks are free and are available to anyone aged between 40 and 74 years-old without an existing condition (such as diabetes, high blood pressure, high cholesterol or kidney disease)

They are run by health advisers from the PATs and focus on preventing major causes of illness, such as heart disease, stroke, diabetes and kidney disease

These conditions are often avoidable and a health check could help to identify any possible issues before a problem develops

West Sussex County Council Cabinet Member for Community Wellbeing Christine Field said "Make one of your new year's resolutions for 2014 a health-focused one and book yourself in for a free health check.

"Our modern lifestyles can have long-term health implications we might not necessarily be aware of. Having a health check is a chance to reassess your lifestyle and look at changing any factors to improve your health for the future."

The health check lasts for half an hour and includes a blood pressure check, a cholesterol test, a discussion about family history, and assessment of lifestyle factors (such as smoking) and levels of physical activity

They are confidential and must be booked in advance. To book your free health check please call 01243 642370

To find out more about the Prevention Assessment Teams and health checks visit the website at www.westsussex.gov.uk/pat

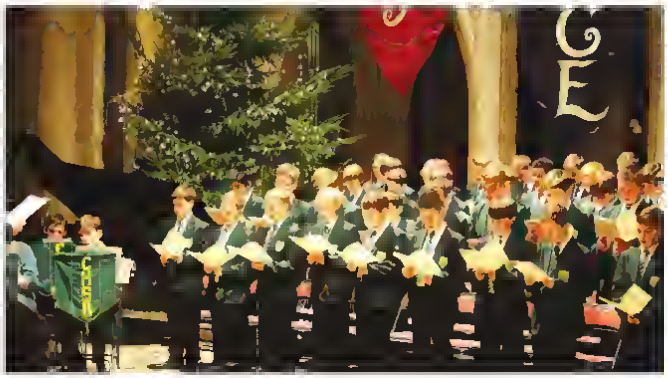
Dates for health checks in the early part of 2014 are as follows. To book an appointment at any of the sessions, residents should call 01243 642370.

Westgate Leisure Centre, Via Ravenna, Chichester, PO19 1RJ
- Monday January 6
- Monday February 3
- Monday March 3

Bognor Wellbeing Annexe, Bognor Regis Town Hall, Clarence Road, Bognor Regis, PO21 1LD
- Tuesday January 14
- Tuesday February 11
- Tuesday March 11

The Grange Centre, Bepton Road, Midhurst, GU29 9HD
- Thursday January 16

CHSB enjoy an evening of carols



ON A DAMP December night, Chichester High School for Boys came together for their annual Christmas Carol Service at Chichester Cathedral.

CHSB is now an established part of the local festive calendar, with the institution delighting in welcoming local people to join in the festive extravaganza.

CHSB said it was a pleasure to see students looking so smart and happy, with lots of parents and family members there to support the school and their children.

The evening was a mixture of traditional carols and drama excerpts devised by our their very own Head of Music, Mr Alexander and Head of Drama, Mr Walker.

The boys have been practicing for a few weeks now and CHSB said it has been wonderful listening to them heartily sing with strong and proud voices.

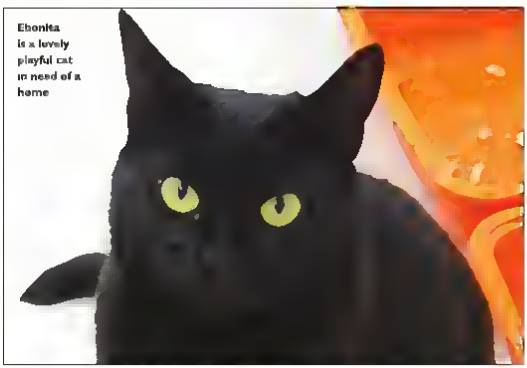
CHSB would like to thank, Miss Hannafin, Mr Alexander, Miss Goodman and Mr Walker for making the event happen. Many thanks must go to the spectacular Chichester Cathedral, their staff and Organist, Mr Sanderman.

Extended thanks must also go to CHSB members of staff, families and friends and most of all, the superb students.

CAT AND RABBIT RESCUE CENTRE

Struggling with living in a pen

Living in a pen can be hard and the frustration of not being able roam and carryout natural behaviours can be difficult. Even though our pens are fairly large we still don t want to see cats spending longer than necessary with us. Some cats struggle with this and can become a little naughty, often these cats are really very friendly cats and once they have found a loving home their naughty behaviour will go.



Ebonita is a lovely playful cat in need of a home

Ebonita is a beautiful one year old lady. She has been with us at The Centre since the 15th August this year because her owner had her in rented accommodation that did not allow pets. Ebonita is such a loving cat, she is pleased to see anyone who comes to her pen. A very active and playful cat she would very much love to have a garden to enjoy. Ebonita can get a little overexcited and may give little nips but they are just playful.

Pharrell a 2 year old black male is still with us. After spending 7 months as a stray he has struggled with being in a pen. He is a friendly boy who can be a little naughty but he is desperate to find a home.

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ www.crrc.co.uk. Tel: 01243 641409

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Theatre Arts Schools
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Overpaid bankers getting knighted for doing a bad job

Allis Moss

On the Case

Honours for Honourable Folk

Fantastic news that the daughter of a patient who campaigned in the face of death threats against the mire of Mid Staffs Hospital has got a CBE. While the nurse who blew the whistle over the abomination they called care there gets an OBE. It's a step towards restoring faith in a system sullied by cash for honours and too many overpaid bankers getting knighted for doing a bad job. When are honours going to be given exclusively to people who selflessly serve their community? Who haven't been paid for their achievement or needed to hire specialists to package up the application so it's successful?

You too shall go to the ball!

If you haven't yet received an invite to the Palace, Sealand, that repository of Gormenghastian style-bizarreness, will sell you a title. The self-styled principality off the coast of Suffolk is ruled remotely from Essex by Prince Michael, the son of an army major who first occupied the World War II fort. A tonne will get you a knighthood and for thirty quid you can become a baronet or duchess of the tiny realm. A word of warning—Sealand isn't recognized internationally so it might carry less weight on the lucrative American lecture circuit.

Posh Isle

Instead of Sealand try 'seasted'. Rather than buying a Caribbean paradise or roughing it on a draughty old fort aptly named Roughs Tower in its former life, Peter Thiel, the billionaire founder of PayPal, is helping to fund a design to create a posh place from scratch. The seasted would be made of platforms with a helipad to come and go. If more people wanted to become islanders, extra platforms could be added. You fall out with your neighbour, no problem, that piece can be scythed off.

Pros and cons

Forget Ireland, Liechtenstein and the Isle of Man. It might be a bit windy but a city at sea could be the perfect tax haven. You wouldn't have to worry about an eco-town springing up on your doorstep. The local Jamie Oliver concession would serve lovely fresh fish. You'd be out of earshot of traffic except the QE2.

Town Plan

Chichester's district councillors have approved its Town Plan for nearly 7,000 new homes by 2029. The east-west corridor will get 5,821, the Manhood Peninsula 513 and north of the District 339. Lib Dem Councillor Clare Apel tells me it's many more in a 05 per cent smaller space because the quota was agreed before the South Downs National Park was instituted, which will now take less because of its new status.

But a Portsmouth academic, it seems, thinks the South Downs should get more. "It might sound facetious, but maybe the best place for a garden city is in the last part of the South East that you would think about building it—in a National Park or a designated area of outstanding natural beauty," Dan Blott from the university was quoted as saying.

If so, it could follow a more organic approach like the new waterfront city Almere in the Netherlands. No town plan just a huge area set aside for self-build houses according to demand.

Not so-glam-on-sea

I used to live near a constructed island. I'll never forget how a visiting friend, Lin, begged for an evening stroll on Paris' Allee des Cignes—or Swan Alley. Doesn't sound so good in the English, does it? It was popular with dog walkers and had stunning views of a sparkling Eifel Tower at its far end. It was just as well I was carrying an umbrella as a makeshift weapon. Not that we were actually ambushed by the residents. Twinkling out of the gloomy recesses of every drain on either side of the long, thin island, were endless pairs of eyes to rival the glittering tower. The eyes belonged to the island's real inhabitants—not swans—but thousands of rats. Rat Alley—not so glam.

A White Christmas

I craved fresh air and open skies after being cooped up on the wet and arguably white Christmas Day we had. Well, the weird hail was white after all, wasn't it? Bet the bookies didn't pay out. Cycled Centurion's Way to Lavant to emerge near that gorgeous sweep of Downland near the Earl of March pub. Days later, on an unexpected magical mystery tour organised by Southern rail after a landslip near Otley forced diversions and replacement buses, the real impact of the recent rainfall was apparent between Arundel and Pulborough. "It looks like a sea," a father remarked to his son. Whole fields and stiles were submerged under milky lakes and swamps.

And finally

How about a new island off Selsey or the Witterings? Starter homes with sea views. Let's give it a chippy, a boozer and a shellfish restaurant serving oysters, champers and cake. I'm sure it will get past planning.

Contact Allis. ✉ *allis.moss@chichesterherald.co.uk*

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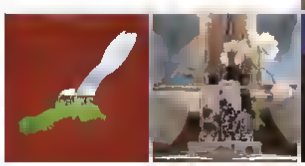

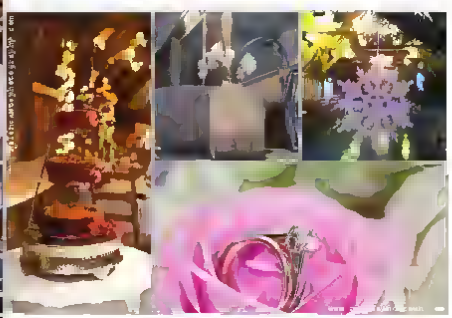

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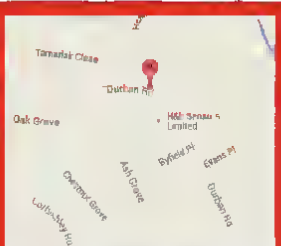

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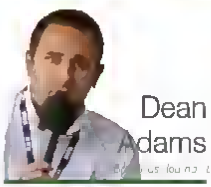
Facebook, punishment and changing sex!

Prisons are a waste of money says Dean



Dean Adams

THE ONE big thing I noticed on Facebook during the past week was the amount of people saying they were glad to see the back of 2013 – and to be fair, I agree with them!

Personally, it wasn't the best year but I am already feeling positive about the year ahead and, in a nutshell, your life is what YOU make of it. Make those changes.

Talking of Facebook, it's a handy social media tool for keeping in touch with mates who are abroad etc but why do people accept friend requests from people they hardly know?

There's one girl on my friends list who I have never spoken to in my life. Yes I went to school with her but we weren't friends yet she sends me a friend request. And then I see her in town and she just walks straight past me all the time without saying hello.

It's awkward seeing 'Facebook friends' you hardly know out on the street. You never know whether to say 'hi' or not.

And for that reason, I am having a New Year's Facebook 'cull' of friends.

Let us know what you think @Chiherald

Punishment of what kind...

A GROUP of us were talking about punishment for crimes earlier this week. I am not one that agrees with prison sentences. I think they are a waste and drain on our finances as well as a waste of a person. If I was David Cameron I'd make noises about changes to this system. Why should a paedophile spend years in prison at our expense with Sky TV, food and roof over their heads whilst many homeless – many who have fought in the war and are good people – find it a struggle to get back into normal society and have to live on the streets? It's all wrong. I'd rather a prison became a homeless shelter. Rather than prisoners spending so much time in their cells they should be out on guarded work release doing practical improvements to the community.

The death penalty is horrific – but I'd bring it back for serial offenders. This country needs to get tougher.

Do I want to be a woman? Not really!

SOMEONE SAID to me today, "If you could have been born a woman, would you change from being a man?"

Strange question I know. But it got me thinking. The end result is I like being a member of the male population. But I asked 10 people and 3 of them said they would change!

Photo of the week

#Chichesterphoto

Anne Richardson @Golfgirly99 31st Dec 2013
#wildlife2013 my 2013 wildlife moment – kingfisher in Arundel. Close second was the Meon red kites
@wildlife_uk

Win a meal for 2 at Murrays

Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people every week.

The Chichester Herald will be running a weekly competition sponsored by Murrays [illegible] every week where you have to guess [illegible]

For your chance to win this week's prize please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer name address and contact number to **news@theshiphotel.net**

North Street Chichester West Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@theshiphotel.net

Entries close on Wednesday 8 January 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was The Novium, Chichester.

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@chiherald

National News

Murderers 'could get 100-year US-style sentences'

MURDERERS and other serious offenders could receive US-style sentences totalling hundreds of years as part of a review of the UK's human rights laws.

The government is considering the plan after a European court ruled in 2013 that whole-life sentences breached the European Convention on Human Rights.

The 100-year terms would allow prisoners to have their sentences reviewed, satisfying the court.

Policing minister Damian Green said British laws "must be made in Britain".

They want Britain's Supreme Court to have the final say in cases relating to human rights, rather than the European Court of Human Rights (ECHR) in Strasbourg.

The ECHR ruled in July that whole-life sentences – allowed under English law – breached the European Convention on Human Rights because they did not include the possibility of a "right to review".

The government was given six months to respond to the decision, which the prime minister has said he "profoundly disagreed" with.

One option now being considered by the UK government is a plan to allow judges to impose jail terms of hundreds of years, which would potentially allow offenders to have their sentences reviewed and reduced.

Mr Green, who leads the committee responsible for drawing up reforms to limit the influence of the Strasbourg court on British life, told The Daily Telegraph: "British laws must be made in Britain. I want to restore the respectability of human rights."

He added the Conservatives wanted to "restore human rights to their appropriate non controversial place", and said they were "the base of any democratic free society".

There are currently 49 criminals in England and Wales serving whole-life prison terms.

Rail fare rise of 2.8% comes into effect

AN AVERAGE 2.8% increase in rail fares comes into effect on Thursday, pushing the cost of some commuter travel to more than £5,000 a year.

The increase is the smallest rise in four years, according to the pan-industry Rail Delivery Group.

Chancellor George Osborne said in last month's Autumn Statement he would keep fares in line with July's Retail Price Index (RPI) inflation rate of 3.1%.

But campaigners say that fares are rising three times faster than incomes.

At the moment, the government pays around 32% of the total railways bill. It's widely believed that ministers want to cut that to 25%. Add to that the billions of pounds being invested in electrifying lines, building new stations and so on, and it's a fair bet that prices will be going up for some years yet.

2014 will be the first year since 2004 that the average regulated train fare won't be going up by more than inflation. But ticket prices are still going up.

Ironically, the original idea behind the government controlling the price of around half of the fares on the network (regulation) was to protect passengers from big price hikes. Ministers set the fare rises where it was thought people didn't have much of a travelling alternative. Season tickets, for example.

But for the past decade, successive governments have used regulation to change who pays for the railways. They want more of the money to come from tickets and less from the government.

Some regulated tickets, including season tickets, anytime and off-peak tickets, have risen on average by 3.1%.

The increase pushes the cost of some annual season tickets to more than £5,000 a year.

Transport Minister, Stephen Hammond, said: "Fares are rising but at the lowest they've ever done in the last decade and that's because this government recognises the concerns that people have about rail fares.

"Also this government is investing £16bn in the maintenance and upgrade of our railways over the next five years to ensure that there will be benefits for passengers like extra capacity."

Young people 'feel they have nothing to live for'

AS MANY as three quarters of a million young people in the UK may feel that they have nothing to live for, a study for the Prince's Trust charity claims.

The trust says almost a third of long-term unemployed young people have contemplated taking their own lives.

Urgent action must be taken to prevent the young jobless becoming the young hopeless, it says.

The government commented that it was doing "everything possible" to help young people find work.

Last month, figures from the Office for National Statistics showed the UK unemployment rate had fallen to its lowest level since 2009, with the number of people out of work falling by 99,000 to 2.39 million in the three months to October.

News in Brief

• The UK's manufacturing sector continued to see strong growth last month, according to a closely watched survey. The latest Markit/CIPS Manufacturing Purchasing Managers' Index (PMI) recorded a level of 57.3 for December. While this was down slightly from November's near three-year high of 58.1, it was still well above the 50 mark that indicates expansion. Markit said that the latest figure suggested the manufacturing recovery remained "on track".

• Environment Secretary Owen Paterson will chair a meeting of the Cobra emergency committee later to discuss the UK's response to floods. The meeting will bring together agencies responsible for dealing with the flooding which has affected many areas over Christmas and new year. Dozens of flood warnings are in place in England, Wales and Scotland.

• A new public health campaign in England is urging families to make simple foods swaps such as switching to diet drinks.

People who sign up to the Smart Swaps campaign will receive money-off vouchers towards their groceries. Critics say this latest in a long line of government health drives puts the onus on consumers and not food manufacturers who should cut salt and sugar levels in their products.

A two-litre bottle of pop can contain the equivalent of 52 lumps of sugar.

Swapping sugary drinks to diet, sugar free options or milk could save a family up to three quarters of a 1kg bag of sugar over four weeks, according to the Change4Life.

Curves are in fashion - in all the right places!

You want to look your best. *You want to feel the confidence that looking your best gives and you want that feeling as soon as possible. For many of us this is about our body shape and weight so with many of us planning to "get back on the diet in January" could we do with a little help?*

More recent fashion trends have been heading towards the curvier figure so we can all look to celebrate our curvy female bodies. But do we have curves in all the right places? In fact many of us do! But whether it's just a little extra, or a lot(!) of help that's needed to get there, then help is at hand!

Kim Way, owner of Changes Clinic based at Lakeside, Portsmouth can confirm that curves in the right places are what her clients want! "Since we opened in June 2013 one of our most popular treatments is our Promax Lipo equipment using a powerful combination of three market leading technologies all in one platform to give our clients maximum results for instant **inch loss**, dramatic **cellulite reduction** and body & facial **skin tightening**. We know that non-invasive treatments are on the increase but I am delighted at the results we get from this non-surgical procedure and our clients love its affordability! One of my clients recently told me that she hasn't worn a bikini for years...not since she had her children and will be so pleased to show off her tummy this year due to the results of her treatments with us. And it's not just women that love the treatment. Our first client was a guy!"

The new generation of products and procedures available for fat reduction and body shaping offer visible and immediate results with almost no recovery time. They are also priced in such a way – from £53 per session – that makes them more affordable to the general public. Treatments can also be combined with weekly diet clubs, so popular in the new year and run up to the warmer months, when we expose more of our bodies. These treatments aid weight loss and fat reduction, giving us results more quickly. Even cellulite and stretch marks can be heavily reduced which all goes to give us that added confidence.

To help you lose up to three times more weight than diet and exercise alone you could use the aid of a fat binder product. A scientifically proven fat binder is a weight management product tailored to help you achieve your own desired weight loss with a healthy body mass index (BMI) using Litramine to reduce the absorption of calories from fat and carbs. This allows you to enjoy your meals whilst discreetly reducing fat intake. Changes also partners with Ysonut Laboratories to offer Proteifine nutritional weight loss programs for dramatic weight loss with mood and appetite control.

Ultimately, to retain a steady and healthy weight, we all know that a nutritionally rich eating plan is the ideal answer which is what we all strive to achieve. Unfortunately advertising and supermarkets have other ideas – often luring or distracting us with naughty products!

rapid results after only four sessions

But for those of us with a lot to lose who have tried every diet, every pill or exercise regime there is an alternative. It may be drastic but essential if we've run out of steam or tired of trying every method known to man to shed excess weight. For some of us nothing seems to work. We lose weight, then we put it back on and a little more. It's no longer about how we look, it's about reducing health issues including high cholesterol and high blood pressure. Increasingly popular and growing year on year, obesity or weight loss surgery can be the life change needed. Shaw Somers, specialist upper gastrointestinal and obesity (metabolic) surgeon with over 14 years consultant experience, will be holding a regular clinic at Changes from January. Shaw (regularly seen on Channel 4's "The Food Hospital") is an expert in weight loss surgery and has performed over 4000 major abdominal procedures.

"It's a myth that the best service and treatment has to be London-based!" says Kim. "At Changes, we have selected to partner with some of the best practitioners and surgeons in the UK and I am proud to be able to offer this to our local community. Why shouldn't we have the best! I used to think these kinds of treatments were out of my reach. They are more affordable than many people realise, and in some cases, cheaper than our annual spend on beauty products!" Changes is leading the way with its practitioners offering many pioneering treatments exclusive outside of London.

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Happy New Year, Create the New You with Q

CHANGING your image is one of the most empowering things you can do. To feel refreshed, almost a new start, is amazing, so why not do it!

"If you are thinking of it I would say GO FOR IT! do your research, check out images of the styles you like, get advice from your friends (they're always honest), ask your stylist about your face shape and what would suit you" explains Creative Director Helen Kewell at Q Hair and Beauty on North Street, Chichester. "The stylists consultation is ultimately your opportunity to take full advantage of our knowledge to help us get it right for you".

"Remember versatility is super important, to have a smooth slick look for work but a dishevelled look for the weekend then you won't fall out of love with your new look".

Add a little colour, Artistic Director Rebecca Strange details 3 latest her choice colour trends worth considering this year.

• Colour Placement System (CPS) is a brand new technique that allows guests to enjoy a technique that offers versatility on colour options. A simple consultation will direct how the placement of colour works for you, whether you enjoy subtle changes, or love being bold.

• Peekabou colour offers more commercial looks, often brighter colours are used with this technique for example autumn reds and coppers.

• Smudging, a playful take on the summer dip dye trend, reversing, or working with colour to create a balanced light/dark effect.

Helen and Rebecca have both enjoyed months of expert mentoring by the Fellowship of British Hairdressing bringing their expertise back to Chichester.

Aiming to keep the years from rolling back, why not consider award winning Clarins Double Serum. More than just a serum, this is the only intensive anti-ageing treatment rich in 20 plant extracts that boosts the skin's vital functions. An innovative, two-phase system that targets all aspects of skin ageing in one complete concentrate. A complete serum. The Winner of best Anti Ageing Serum 2013 Harpers Bazaar, Winner of Skincare Superstar at the Grazia Beauty Awards 2013, invest in yourself for a whole new you. (RRP £55)

For more information on colour, style or skin care options consider a complimentary consultation with Q Hair and Beauty team. Telephone 01243 782489 or just call in. Make 2014 Count! www.qhairandbeauty.co.uk

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Cineworld *Now showing at Cineworld Chichester*

The legend of Ron Burgundy returns

Anchorman 2: The Legend Continues (15)
Director: Adam McKay
Starring: Steve Carell, Will Ferrell, Christina Applegate

★★★☆☆

Watchable sequel enlivened by strong comic performances from a talented cast though it never quite hits the comic heights of the first film and slightly overstays its welcome at two hours.

What's it all about?
Directed by Adam McKay, Anchorman 2: The Legend Continues is the sequel to the 2004 hit which sees Will Ferrell reprising his role as San Diego's top newsman, Ron Burgundy. The film catches up with both Ron and ex-nemesis Veronica Corningstone (Christina Applegate) in the 1980s, who are now married with a kid (Judah Nelson as Walter Burgundy) and happily co-hosting a news show for grizzled TV exec Mack Harken (Harrison Ford) in New York.

However, when Veronica is promoted while he's made redundant, Ron's ego can't handle it, so he takes up an offer to join the team at CNN and become the face of America's first 24 hour news channel. He also takes the opportunity to re-unite his old San Diego news team – macho redneck Champ Kind (David Koechner), ladies' man consumer reporter Brian Fantana (Paul Rudd) and dopey weatherman Brick Tamland (Steve Carell) – but quickly finds himself clashing with both rival anchorman Jack Lime (James Marsden) and his feisty new boss Linda Jackson (Meagan Good).

The Good
Ferrell, Rudd, Carell and Koechner are all seasoned comic performers and their lively rapport is as appealing here as it was in the first film. There's also strong support from the likes of James Marsden, Kristen Wiig (as a co-worker who has a ridiculously sweet romance with Brick's character) and Greg Kinnear (as Veronica's new boyfriend), though Christina Applegate is regrettably side-lined this time round and has to share several scenes with Judah Nelson, who is, frankly, one of the worst child actors in recent memory.

The script (co-written by Ferrell and McKay) works best when taking well-aimed swipes at a certain thinly veiled media mogul (Josh Lawson as an Australian named Allenby) and commenting on the pitiful, entertainment-driven state of US news channels today – one particular highlight involves Ron stalling for time by cutting to, and speculating on, a live freeway chase, which then becomes a ratings smash.

The Bad
A handful of satirical digs aside, the majority of the jokes feel forced and you can feel the filmmakers struggling to repeat the successful formula of the first film. Basically, you know you're in trouble when the best joke in the sequel (a celebrity cameo-heavy gangfight) was also the best joke in the original.

On top of that, too many of the jokes fall painfully flat (there is some wildly misjudged racist humour in particular) and the film is a good twenty minutes too long, clocking in at just under two hours.

Worth seeing?
As sequels go, Anchorman 2: The Legend Continues is watchable enough, but it lacks the spark of the original film and feels lazy and self indulgent throughout, while failing to deliver any properly big laughs.

Sky Diary January 2014

By Pete Littlejohns

Mercury in mythology was the fleet footed messenger to the gods and in January it should be possible to spot this tiny planet low in the SW up to a couple of hours after sunset.

Venus is also low in the SW but much brighter than Mercury at the start of January but rapidly dives down towards the Sun then reappears in the SE dawn sky after the 11 January.

The Earth (believe it or not) will be at its closest to the Sun (perihelion) at a mere 147 million km on the 4 January.

The red planet Mars rises just before midnight in the constellation of Virgo growing slightly brighter as the month progresses.

Jupiter shines brightly for most of the night. A day on this planet is less than 10 hours and this rapid spin causes the clouds on this gas giant to form in horizontal belts two of which can be seen in good binoculars or a small telescope.

The lovely ringed planet Saturn is a morning object rising around 03:30 in Libra.

There is a meteor shower which diverges from low in the NE on the 3/4th night from the now redundant Quadrantis constellation and could produce up to 90 meteors an hour at its short peak. This shower is best viewed after midnight.

Planetarium Shows and Dates January 2013

Friday 03	7.30pm	Wintertime Stars, Moons and Planets
Friday 10	7.30pm	Giant Jupiter King of the Planets
Sunday 12	3.30pm	The Stars This Month
Friday 17	7.30pm	The January Wolf Moon
Friday 31	7.30pm	The Northern Lights

Tickets: Adults £6.50, Children £4.50. Tickets are available to collect at the The Novium, Tower Street, Chichester. Alternatively, please phone 01243 774400 or make a booking on 07818 197292 to reserve your tickets. Payment by cash or cheque only on the day. A map showing our location can be found at www.thenovium.org.uk

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Will Ferrell plays an Elf in which Christmas movie?**

A. THE MUPPETS CHRISTMAS CAROL
B. ELF
C. SANTA CLAUS; THE MOVIE

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 7th January 2014 at midday. The winner will be notified later on that day. Last weeks winner was Lisa Field from Prinsted. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester PO19 8EL
0871 200 2000

What's On in your local area...

• A CHARITY night of music through the decades with some amazing local tribute bands including will be held in Chichester next month providing an enjoyable evening of entertainment, fun and dancing. Acts will include South Beat Beatles tribute act, The Rolling Tones, Abba Chicks, Frank Sinatra, Patsy Cline and Connie Francis.
The Event will be held at the Riverside Caravan Park in The Ballroom on 11 January 2014 it is £10 per ticket and these can be purchased from Riverside Caravan Park, Shripney Road Bognor Regis 01243 865823 The Judith Adams centre St Pancras Chichester 01243 536433 or The Chestnuts in Bognor Regis 01243 841703
The monies made will be split four ways between the following charities and day centres that all provide care research and quality of life for people living with dementia.

• Creeborn Hair in Chichester are putting on two events for charity' Charity Poker If you fancy a bit of a gamble or know anyone who does, we have a charity poker match on the 26th January at the Eastgate in Chichester Its only a £10 buy in with a first and second prize the match will start at 4pm. Please let Emma know if you want to put your name down for this on 07502225965

The Hearts and Diamonds Black Tie Ball Starting at 7 30 at Rowlands Castle Golf Club on the 15th February, tickets are £40 with dinner entertainment, dancing the chance to win some amazing prizes in the raffle and brilliant auction prizes to bid on! Tickets are on sale now at Creations or call Emma on 07502225965

• Concorde is a social club which provides friendship and companionship for single people It is not a dating club but any members who form relationships or marry remain members
It meets every Tuesday at the Walnut Tree Runcton and holds a variety of events throughout the year New members are very welcome. Anyone who would like more information can visit www.concordesinglessocialclub.org.uk or phone 01243 575083 or 01243 604715

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn Gribble Lane Oving PO20 2BP
More details from Andrew@andrewperryplus.com or 01243 776391

• Chichester Art Society's new programme of workshops for early 2014 offers great opportunities to local artists There is a relaunch of the popular Figures & Faces Workshops on Tuesdays 1 30 4 30pm starting January 7th for 12 weeks to March 25th Portrait and Life Study alternate, starting with Portrait Study You can work alongside local artist Lucie Cookson who will be overseeing the poses and offering an overview of work during the session (Non-members £11 per session or £10 if three or more booked) Limited to 20 but enquiries about availability can be made up to 10am on the day by contacting the Secretary (see below)
The Society's full programme of meetings and workshops for 2014 is on the website www.chi-art-soc.org All workshops are at Bassil Shippam Centre Tozer Way St Pancras, Chichester PO19 7LG (parking and easy access) Prices include refreshments but not materials. Further details from the Secretary on 01243 602360 or email jean.campbell@zen.co.uk or text message 07831 666451

• Monthly meetings carried out partially in Welsh, rest in English-all levels of Welsh welcome- meetings in members' houses- contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

If you would like a non profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk All listings are subject to change without notice and entered here as supplied and in good faith Chichester Herald cannot be held responsible for any changes occurring after publication

Food & Drink

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Best of British in the heart of the South Downs

Honest, local food in a cosy country pub atmosphere

DESCRIBED on TripAdvisor as 'simply stunning' and a 'good find', the George is situated in the village of Eartham in the picturesque South Downs.

The George was first shown on the Tithe map in 1840 but has recently been put on the local map as one of the best pubs in the local area thanks to the efforts of the devoted and welcoming hosts Anita and James. Since taking over the pub in May 2012, Anita and James have transformed it from an average bar and restaurant to a cosy, popular country pub offering quintessentially British dishes using locally sourced ingredients.

Food and Restaurant Review

Portion size: Generous
Service: Attentive and friendly
Value for Money: Good value
Ambiance: Cosy, welcoming and relaxed

Their talented AA rosette winning chef uses imaginative combinations of locally grown seasonal produce which draws regular crowds from both the surrounding area and further afield, earning them a recommendation for the Alastair Sawdays Guide. Food is cooked to order and despite us visiting the pub on a week night, the village bar is packed with locals and regulars enjoying the local ales and welcoming atmosphere. It is also arguably the first and only pub in West Sussex to sell only British and Commonwealth ales, lagers, stout, ciders, meads and spirits and prides itself on sourcing seasonal menus that reduce carbon footprint and support local farmers. Even the oil used to roast their vegetables is made from locally sourced rapeseed oil and for those with a sweet tooth, James' home made toffee apple vodka is the perfect digestif.

There is a wide range of specials that change daily with many ingredients sourced from within a couple of miles from the pub itself.

The starter of a trio of pates is not to be missed. A mixture of both coarse and smooth home made pates, served with sliced mini loaf, home made chutney and salad.

For main course, we sampled their signature dish of local lamb shank. Served with a creamy rosemary mash and rich red wine gravy, the succulent meat is so tender that it falls off the bone with a fork alone.

For dessert we highly recommend the triple chocolate brownie served with locally sourced Caroline's dairy ice cream. Alternatively their locally sourced cheese board including Goodwood cheddar and Brighton Blue, Eartham honey and British apples is a great finish to any meal.

The pub has recently undergone refurbishment to restore the original parquet wood floors and beautiful features. The colour scheme is fresh and reflects its British country roots with original antiques and features lovingly collected and restored by Anita and her team.

Thursday nights are Pie and Pint night offering pie, pint and pudding for £15. The pie choice changes weekly to include pub favourites with a twist such as oxtail and oyster and game and orange. Puddings vary from a choice of British classics each week.

At weekends, the pub is popular for its renowned roast dinners and hearty pub classics for walkers and cyclists in the local area. There is even a National Trust walk from the pub to a local landmark that you can do before your lunch to work up an appetite.

To book your table today, contact Anita and James at The George on 01243 814340.

The George Eartham, West Sussex, PO18 0LT
01243 814340
info@thegeorgeeartham.com
www.thegeorgeeartham.com

Let us know what you think @Chiherald

Waitrose Predicts The Biggest Food Trends of 2014

FOOD IS FASHION, with popular trends and flavours changing every season. Now 2014 is just around the corner, Waitrose Executive Chef Jonathan Moore has picked his Top 10 food trends for us to enjoy at home during the next year.

Brazilian BBQ
We'll be looking south for foodie inspiration this year – namely to Brazil and Argentina. With the World Cup coming up, we will be enjoying South American style BBQs, with marinades and whole joints of meat cooking slowly on open grills.

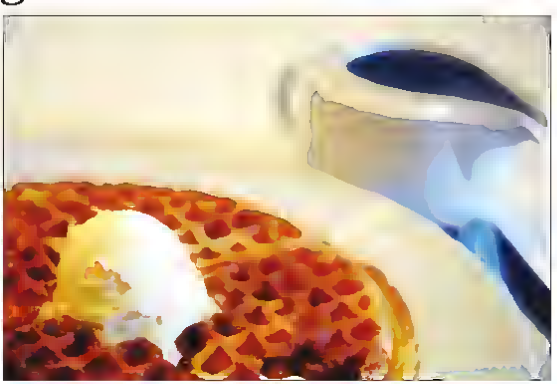
Ceviche The New Sushi
Continuing with the shift of focus from the East to the South, ceviche will become the new sushi. This fresh and citrusy way of serving fresh fish will be at the forefront of the South American home food revolution.

Gardener's World
In 2014, we're not going to know where the kitchen ends and the garden begins. From pick your own pot grown basil leaves on the table to edible flowers, our plates will become horticultural hubs for delicious home grown produce.

The Great Pastry Experiment
2013 was the year of fusion in bakery, and savoury versions of our favourite sweet treats will be on the cards in 2014. Cucumber custard tart anyone?

God Bless America
Burgers. Waffles. Pancakes. These Stateside classics are booming this side of the pond, and this year, they'll have a luxury makeover. Think skyscraper burgers, gourmet waffles with sweet and savoury toppings and fluffy, light pancakes served alongside brunch.

Part Time Veggies
Meat Free Mondays are becoming more prevalent, even if it's not intentional. We're making vegetables the heroes of more and more meals. Scandinavian styles of preserving veg, with pickling juices and marinades, will ensure we don't even notice the meat is missing.



(Regional) Variations on a Theme
No longer content with the umbrella terms of 'Chinese' or 'Indian', shoppers are drilling down into specific regional variations of cuisines, including Cantonese, Goan and Keralan.

Fresh Fusion
Think Chimichurri sauce on pasta. Or a Japanese miso glaze on a Sunday roast chicken. Unexpected ingredients create different yet familiar twists on classic dishes.

Make Your Own Cheese
It's well documented that we're a nation of bakers. This year, we've mastered bread as well as cakes, with sourdough starters and other fermenting techniques being employed at home. In 2014, we'll be taking this one step further with homemade cheese becoming the latest foodie technique to master.

The Ingredient is King
Food will be more fuss free than ever. A beautiful cut of meat, or a perfect fillet of fish will curry dishes, with minimal additions. Choose wisely, paying attention to provenance, sourcing and ethical credentials to ensure the best flavour from your chosen protein.

CROWN & ANCHOR
CHICHESTER

#BeMyBestie

Purchase any 2 main courses and the cost of the lower priced dish will be deducted from your bill!

Owned by Youngs brewery the Crown and Anchor is offering a fantastic January offer #BeMyBestie When you purchase any 2 main courses throughout January the cost of the lower pr ced dish will be deducted from your b ll upon presentat on of the voucher Vouchers can be found on all tables at the pub on Twitter @CrownDellQuay and this Ch chester Herald advert!

Name:
Address:

Email:
Telephone:

• T&Cs Purchase 2 main courses and the cost of the lower priced dish will be deducted from your bill upon presentation of the voucher. Available on ALL MAIN COURSES from 6pm Sunday and all day Monday to Thursday from 2nd Jan – 30th Jan. Offer excludes specials, starters desserts & drinks.

☐ Please tick this box if you would not like us to use your information for further event details and offers.

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New Year's Resolutions!

Denise Kelly

Naturopath c
nal Therap st

HAPPY NEW YEAR to you all! I had a fabulous Christmas and New Year celebrations, full of family and friends. My biggest goal this year is to really appreciate and be grateful for all the amazing people in my life – and clear out any negative influences! It's also to live much more in the moment with true gratitude for the little things that really matter. I would like time to stand still for a bit – but that's an impossible goal!

In theory, New Year's resolutions are a good thing as it's all about improving something we don't like about ourselves, right?

Except that our best intentions in January don't tend to survive the month. But instead of feeling like failures, maybe we should focus on how we make those resolutions so that they are easier to keep. The two most common New Year's resolutions involve health and financial goals. The content of the resolution doesn't matter as much as how the resolution is set. You can approach a health goal in a way that guarantees failure, or approach it in a way that will guarantee success.

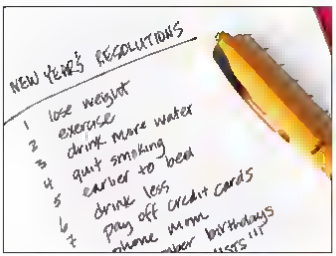
Here are a few resolution pitfalls to avoid:

Abstractness – People tend to choose a resolution like, "I am going to lose weight" or "I am going to write a novel." But these are too vague to be realistic. The key to resolving this is being specific. So instead of vowing to simply lose weight, make your goal to lose 1lb a month. Or instead of writing a novel, try to write 1,000 words a week. Making your resolution more realistic makes it more achievable.

Lack of accountability – Tell other people, or post your goal on Facebook or tweet it! We can lie to ourselves, but we can't lie to others. Some apps, like Map My Run for example, allow you to track progress for activities in fitness. Some diet apps will send you reminders to keep you on track, which can be helpful when your motivation starts to flag. Research shows setting goals can make people happier and more satisfied. Setting such targets just once a year, however, can be self-defeating. So set smaller goals more frequently during the year instead of singular, much harder ones. Pick a goal for each month. Even if you fail, you can start over the next month and not feel like the whole year is lost if you lose focus. Try it now, write something small you wish to achieve in your diary on every month of this year! See what happens.

Forgetting that you can't control everything – Many people make their New Year's resolution to get a pay rise at work. While that's a positive goal, it requires the compliance of other people and involves other factors, such as a company's finances and the state of the financial markets that may be entirely out of your control. You need to focus on what you can control and acknowledge what you can't.

Relying on willpower – The biggest misconception about resolutions is that meeting them is all about willpower. Your ability to exert self control is limited, so you fatigue very quickly. Sometimes just after 15 minutes. Realize when you're reaching for a very difficult goal, you're wearing out the self control! And be more realistic about what's possible and what's not. There's nothing wrong with giving yourself a challenge, but making a resolution that is too difficult to meet will only lead to breaking it.



For a full consultation and Argyra Medical Test with Denise and to find out just what's going on in your body please contact her on info@denisekelly.co.uk or 01243 528048

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organizations and has a private practice in Chichester West Sussex. @DkNutrition

Fighting the flab is number one New Year's Resolution

THE MOST popular New Year's resolution in 2014 will be to lose weight, according to new research by budgeting account provider thinkmoney.

Two fifths of people – that's equivalent to 20 million UK men and women – will vow to fight the flab next year, while one third will resolve to get fit.

The desire to lose weight and do more exercise are the most popular New Year's resolutions by far, thinkmoney found. Next on the list was giving up smoking. One in ten people – an estimated 5.5 million – said that quitting cigarettes would be on their list of resolutions for next year.

A total of 13.6% of people told thinkmoney that they would drink less or give up drinking altogether in 2014.

Financial resolutions are also popular. thinkmoney discovered that more than a third of people plan to squirrel money away next year, either by saving more or starting a pension. Nearly a quarter of men and women will resolve to pay off their debts and 22.6% of survey respondents said they would set a budget and stick to it.

Shopping around for cheaper insurance and changing utility providers are also high up on people's lists of financial resolutions.

However, it seems that many Britons are realistic about their chances of sticking to their New Year's resolutions. According to thinkmoney's research, 17% of people expect to fail in their resolve at some point between just one week and a month into the New Year.

Around 15% said they would most likely abandon their resolution before the first three months of 2014 were up. Only one third said they would keep to their promises for the whole year.

Some people don't bother making any resolutions. More than 7 million UK adults said they had no plans to do anything differently from January 1st.

Across the age ranges, the over 55s are the least likely to write a list of New Year's resolutions (perhaps experience has taught them the folly of this), while regionally, people living in Yorkshire are the most unlikely to make a pledge at midnight on New Year's Eve.

Ian Williams, director of communications at thinkmoney, said: "It's great to see that people are keen to improve their quality of life in 2014, whether their resolution is to get fitter or to get on top of their finances. However, many of us start the year with good intentions that don't always work out. If someone is worried about sorting out their financial situation, thinkmoney's Money Managers can help. They make sure that bills are paid on time and provide day-to-day help with budgeting."

Brits in the dark about winter nutrition

WINTER is well and truly in full swing, so it's unsurprising that almost 90% of Britons admit that the season has a negative effect – making us stay at home more (50%), struggling to get out from under the duvet (33%), eating more comfort food (32%) or exercising less (30%).

According to new research by Florida grapefruit, almost 80% of the nation believes that pasta, potatoes or bread provide us with all the vitamins we should be getting and nearly one in ten believes that wine can also provide the recommended amount of nutrients.

The data shows that nearly 60% of people in fact claim they pay more attention to their health and wellbeing over the winter months than at any other time of year. However, it would appear that us Brits are clueless when it comes to knowing just how to do this.

The research reveals that:
- Only 5% of us eat the right amounts of fruit and vegetables during the winter months, compared to 53% in the summer, and 84% of us are less likely to consume our recommended five portions of fruit and vegetables a day when the cold kicks in.

Renowned nutritionist Juliette Kellow, says: "This research confirms that we tend to eat less fruit and vegetables in the winter months, making it even harder for us to get the recommended 5 a-day, and in turn affecting our intake of certain vitamins and overall wellbeing. Adding sunshine-drenched foods such as Florida grapefruit to our diet is a great choice for meeting recommended levels of vitamin C daily – and helping to give us a taste of summer during the dark, cold days of winter."

She continues, "Throughout the winter, it's especially important for us to support a healthy immune system, the body's natural mechanism to resist illnesses. Vitamin C, which is found in in citrus fruits, can help support a healthy immune system and has the added benefit of helping to reducing tiredness and fatigue."

The gloomy British weather can also lead to a well-known and proven condition – SAD (Seasonal Affective Disorder). With almost 10% of people saying they've bought a SAD lamp to help make them feel better in the winter, the condition is on the increase.

Getting more sleep (29%) and going on holiday (11%) are other tried and tested winter-gloom busters however, over a third of the nation (33%) have never tried anything to combat the winter blues.

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Beyonce shatters iTunes store records with 828,773 albums sold in three days

APPLE has announced that Beyonce has become the fastest selling album ever on the iTunes Store worldwide with an unprecedented 828,773 albums sold in just its first three days. Beyonce also broke the US first week album sales record with 617,213 sold and proved to be a global success going to number one in 104 countries.

The self-titled, Beyonce, is the fifth solo studio album from Beyonce, which was made available exclusively worldwide on the iTunes Store on December 13 by Parkwood Entertainment/Columbia Records. The self-titled set is the artist's first visual album. Beyonce is infused with 14 new songs and 17 visually stunning, provocative videos shot around the world from Houston to New York City to Paris, and Sydney to Rio de Janeiro, all before the album's release. The album represents Beyonce's biggest sales week ever.

The iTunes Store is the world's most popular music store with a catalog of over 26 million songs and is available in 119 countries. The iTunes Store is the best way for iPhone, iPad, iPod, Mac and PC users to legally discover, purchase and download music online. All music on the iTunes Store comes in iTunes Plus, Apple's DRM-free format with high-quality 256 kbps AAC encoding for audio virtually indistinguishable from the original recordings.

Apple designs Macs, the best personal computers in the world, along with OS X, iLife, iWork and professional software. Apple leads the digital music revolution with its iPods and iTunes online store. Apple has reinvented the mobile phone with its revolutionary iPhone and App Store, and is defining the future of mobile media and computing devices with iPad.

Brrr, Humbug

Did you miss the Dr Who Xmas special?

FORGET brussel sprouts and doing the washing up, visiting a relative's cold house, being forced to take shoes off and missing Christmas TV were the nation's biggest fears about the busy festive period.

Seeing friends and family at their cold home came out as Britain's biggest bugbear in a survey from Worcester, Bosch Group with one in four people dreading spending time in a cold room away from home.

Despite being cold, and true to the stereotype, Brits are far too polite to complain, as only 20% said they would tell their host they are chilly. The rest would grin and bear it (30.8%), make a joke out of it (10%), keep their coat on (15.7%) or just avoid visiting the cold blooded relatives at all (4.4%).

The next biggest gripes about Christmas, from the survey of 2005 people, were missing TV specials (22%), being made to take shoes off (19%) and tolerating screaming children (19%).

It comes as no surprise then that a third of Brits most look forward to enjoying cosy nights at home over the festive period.

Here Brits will be digging out the Christmas onesies, filling up on a festive feast and lighting the fire, as wearing comfortable clothes (47.8%), gorging on a well-stocked fridge (46.1%) and being warm (34%) are our favourite things.

That said, the majority of those surveyed (54.6%) still said seeing friends and family is the thing they were most looking forward to this Christmas and the average person will spend 13 hours and 33 minutes visiting friends and relatives at Christmas.

Martyn Bridges, director of technical support at Worcester, said: "It's great that despite so many commitments and distractions in modern life, family and friends still rank high on our priorities at Christmas.

"Although we all love the festive season, it is clear that we don't like being cold. A third of people said a nice warm home is what they are most looking forward to at Christmas and this can be done by keeping your thermostat between a the recommended 18-21 degrees. Your boiler should also be serviced once a year to check it is still being energy efficient."

Worcester, Bosch Group is the UK's leading manufacturer of heating and renewable technologies. For more information, visit worcester-bosch.co.uk

Top 5 visiting turn-offs

1. A cold house
2. Missing favourite TV
3. Screaming children
4. Having to take our shoes off
5. Awkward conversations

Top 5 arguments at Christmas

1. What's on TV
2. Tidying/washing up
3. The heating/being too cold
4. Who ate the last chocolate
5. Present envy

Horoscopes

3rd - 9th January
Horoscopes from Kimi

Aries 21 March – 20 April

You may be looking at plans and drawings this week. Do you have some ongoing building project that needs your attention or perhaps you are thinking of redesigning your garden. Checking every little detail may be time consuming but trust me it will be cost effective! Someone close to you is skeptical with regard to your intentions reassure them!

Taurus 21 April – 21 May

Feeling uncomfortable with group dynamics? This could be colleagues or friends who are making you feel this way. You don't like the gossip, leg pulling or perhaps even bullying. Speak up they may not realize they have gone too far. An unexpected invite to the theatre, a concert or the cinema is on its way.

Gemini 22 May – 21 June

Now you could have got it wrong, on the other hand you may not. You are suspicious about what is being said to you by someone close to you. Does this person have an ulterior motive you ask yourself? Trust your instinct but listen too, you may have misunderstood. Good week for kissing and making up!

Cancer 22 June – 22 July

Stop looking over your shoulder or under the bed for that matter. I speak metaphorically of course. No one is really out to get you. Dare I say it but this paranoia smacks a little of insecurity. You are doing fine, in fact better than fine. If you have a little faith in yourself others will have it too!

Leo 23 July – 22 Aug

Things are beginning to move in the right direction on both the domestic and career fronts. There is only one fly in the ointment and that is your tendency to dwell on prior conflict or difficulties. Don't let things that happened in your past overshadow what should be a joyful week. If not period in your life! Have fun!

Virgo 23 Aug – 23 Sept

You are exhausting at times. Why do you mentally pull things apart, dissect, analyze, reanalyze and then still end up confused? Sometimes you can just over think things. This is one such time. Try and go with the flow a little this week you will be surprised by what happiness is in store it you do.

Libra 24 Sept – 23 Oct

Now it's time to really open up to your nearest and dearest. There is something that has been playing on either your mind or perhaps the mind of a partner or loved one. The issue could be around family or children. Just talk it over. It won't go away. Once out in the open it won't seem half so bad.

Scorpio 24 Oct – 22 Nov

Wow is there anyone who won't be captured by your magnetism this week! You are on great form. Whether you are chairing a meeting, speaking at a conference or simply giving forth at the pub everyone is listening to you. And it's not just your verbal skills that are attracting them, you are giving off some great sexual chemistry.

Sagittarius 23 Nov – 21 Dec

You may be feeling emotionally turbulent this week, not quite insecure but bordering on it. Now if you allow those feelings their head you could find yourself in hot water either on the domestic front or at work. Stay calm and remember that what you are feeling is more of a perceived problem than a real one.

Capricorn 22 Dec – 20 Jan

More clarity this week than last but you still have your suspicions. That's ok, best to be prepared just don't let those suspicions spill over into your home life or things could get rocky. Try to stay positive and get out your partner will appreciate the change and if single you may get the fillip you have been waiting for!

Aquarius 21 Jan – 19 Feb

Well you were having such a good spell and now you seem to be thwarted at every turn. People just don't seem to get you! Truth is your family and friends may be feeling a little out of the loop. Time to catch up with them and let them know how important they are to you particularly parents or siblings.

Pisces 20 Feb – 20 March

You have been focusing a little too much on the financial and physical recently and forgetting to have fun. You are looking great and feeling well and you have been shown a new appreciation at work so why not let your hair down a little. Don't turn down any invitations to party this week whatever the temptation. Work can wait!

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England's hotspots for 2014

CALM YOUR FOMO (Fear of Missing Out) VisitEngland's guide to the top 2014 holiday hotspots will ensure you don't miss a thing next year. From literary tours through Hardy's Dorset and Shakespeare's Stratford to top cycle rides in the wilds of Yorkshire and the curves of the Olympic velopark, here's a sneak preview of England's top hotspots for 2014

▪ Set jetting in Camber Sands / Rye

Two big blockbusters released in February 2014 include scenes shot at Camber Sands – the World War II epic Monuments Men, starring George Clooney, Matt Damon and Cate Blanchett, and The Invisible Woman, a film about Charles Dickens and his secret mistress, starring Ralph Fiennes and Kristen Scott Thomas.

This winter destination is perfect for long bracing walks on the beach, afternoons of antiques and retro-clothing shopping with plenty of cosy cafe stops, and relaxing evenings by burning log fires or dining in top-quality restaurants. Take in the annual Rye Scallops Week (15 – 23 February) for a whole programme of scallop-related events to celebrate the local delicacy.

Our pick is The George in Rye, where the cast of Monuments Men set up camp. Well, if it's good enough for George Clooney... thegeorgeinrye.com

▪ Foodie Hampshire

Opening in autumn, Heckfield Place manor house hotel has been reunited with its 330 acre farm and, as a hotel, will boast 60 individually-designed bedrooms, a historic walled garden, spa cottages offering health and beauty experiences, a delicious restaurant and a working farm with livestock and vegetables. The hotel's cuisine will be overseen by Skye Gyngell, of Petersham Nurseries fame. heckfieldplace.co.uk

Also in the foodie vein is the opening of Laverstoke Mill in March. Bombay Sapphire's new Hampshire-based distillery will feature a glasshouse designed by Thomas Heatherwick and a bar school on site. laverstokemill.co.uk

This is also the region of the huge, county-wide annual Hampshire Food Festival, and Hambledon Vineyard – one of the finest sparkling wine producers in England. Make a longer break of it and visit them all. hampshirefoodfestival.co.uk / hambledonvineyard.co.uk

▪ Stratford (both of them) Shakespeare & Cycling

In March, Lee Valley VeloPark will open its doors, becoming one of the lasting legacies of London 2012. The combination of no fewer than four cycling disciplines in one venue – particularly with BMX included – creates a unique asset for London, and for England as a whole. visitleevalley.org.uk

South Park in the Queen Elizabeth Olympic Park will also open in spring 2014, with wetlands and waterways providing a backdrop to new bars, cafes and restaurants and a continually changing programme of events in the energy-charged sporting, cultural and entertainment attractions. queenelizabetholympicpark.co.uk/

Also within the park, Anish Kapoor's landmark ArcelorMittal Orbit – Britain's largest piece of public art – will open in April. See London from a whole new perspective from one of two viewing platforms in The Orbital's observation tower. arcelormittalorbit.com

Meanwhile, in Warwickshire, Stratford upon Avon will be celebrating the 450th anniversary of William Shakespeare on April 23rd. Mark the anniversary with a walk along Shakespeare's Way with Cicerone Travel. New for 2014, this five-night tour is inspired by the journey Shakespeare would have made between the Globe Theatre in London and his Warwickshire home in Stratford upon Avon, passing through quintessential English towns and villages, including Oxford and Woodstock, and discovering his inspirations along the route. But unlike Shakespeare's rough and ready voyage, travellers will be transported by luxury coach and stay in top quality hotels, as well as going behind the scenes and enjoying world class performances at both the Globe and Stratford's Royal Shakespeare Theatre.

The tour is led by professional Shakespearean actor, James Howard, who has worked for companies including the Royal Shakespeare Company, Donmar Warehouse and the National Theatre. The first tour runs from 16-21 May and costs £1,575 per person. cicerone.co.uk

▪ A Grand Tour de Yorkshire

As host of the Grand Depart, which features two stages of the Tour de France on July 5 and 6, Yorkshire is set to be at the centre of the cycling attention in 2014. Plan your visit and join the crowds lining the route to cheer on Cavendish, Froome and the world's finest riders. Travelling from Leeds to Harrogate, and then from York to Sheffield, the event will take in some of Yorkshire's most picturesque scenery and impressive cities. letsyorkshire.com

Those that prefer to be part of the action rather than spectating can travel ahead and try out the route themselves. yorkshire.com

While in Yorkshire, be sure to visit Hull, which has just been announced UK City of Culture 2017. The city's Fruit Market area and Marina now boasts a new generation of creative and culinary venues including the Museum of Club Culture, Fruit (with everything from music to markets, club nights to cult cinema) and stylish new restaurants such as 1884 Dock Street Kitchen. visithullandeastyorkshire.com

▪ Venture Far from the Madding Crowd – To Dorset

In 2014, 140 years since the publication of Thomas Hardy's Far from the Madding Crowd, a Hollywood film adaptation of the book will be released. Filmed in and around Hardy Country in Dorset, the film will star Casey Mulligan, Michael Sheen and Tom Sturridge. Few authors have such strong associations with their local area as Thomas Hardy, and today you can explore two of the writer's houses – his childhood home and Max Gate, the property Hardy designed himself and moved into with Emma after his marriage. nationaltrust.org.uk/hardys-birthplace / maxgate.co.uk/

While in Dorset, check out the latest offering from the stylish new hotel from The Pig. The Pig on the Beach is set to open above Studland Bay, one of the country's most beautiful beaches, next spring. The 18th century manor house has dramatic views of Old Harry Rocks and the Jurassic Coast and will, like its sibling in the New Forest, feature a kitchen garden with home-grown produce. thepighotel.com

▪ What's on in The Capital?

2014 marks 100 years since the start of World War One and a group of attractions around England, led by Imperial War Museums, will host a four year commemorative programme of events. 4 August 2014, the day we entered the war, will be marked with a candle-lit vigil of prayer at Westminster Abbey (westminster-abbey.org). For more information, visit 1914.org.

The Imperial War Museum London will open new First World War Galleries next summer, which will tell the story of the 10 million people whose lives were claimed by the First World War. The £35 million project will include a re-designed atrium will stretch over six floors, providing a dramatic space to display the most iconic and unusual objects from the collection. iwm.org.uk

The Georgians and the Vikings are big characters in London next year. The British Library and Historic Royal Palaces will mark the 300th anniversary of the accession of George I to the throne with a selection of exhibitions and events, including a delectable 18th century Chocolate Kitchen at Hampton Court Palace. The British Museum, meanwhile, will be going big on Vikings, hosting a major exhibition from 6 March – 22 June.

bl.uk / britishmuseum.org / hrp.org.uk

A spate of new hotels springing up in London next year includes Nobu hotel, The Beaumont and The Mondrian. londonandpartners.com

For more inspiration of where to spend your holidays in 2014, check out visitengland.com

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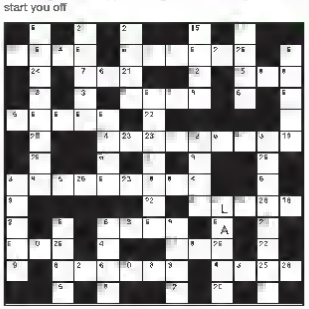
Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	L 15
3	16
4	17
5	18
6	A 19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions:

N	O	H	F	G	D	I	K	C	V	M	L	S
W	B	A	Q	E	X	Z	J	T	Y	P	R	U

Wordsquare

T	R	N
I	P	C
E	E	T

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others and letters may be used only once. You cannot use plurals, foreign words or proper nouns but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate

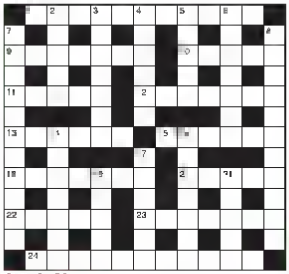
15 words - average,
20 words - good,
25 words - very good,
30 or more - excellent

Last week's solutions.

cite cited, rites crest st, crested, crest, crested, recent, diet, riots, trots, dotes, stots, relict, cult, erits, exults, excited, exo ten, exist, existed, exit, exited, exites, exotic, erect, site, sited, steed, steer, teed, teen, tote, rotes, teed, toes, toxic

Double Crossword

Choose either quick or cryptic clues



Cryptic Clues:

Across

1 Skilled craftsman? (11)
9. Game and how to score in it (7)
10. People act foolishly in it (5)
11 Stone used to make an attack (5)
12. Birds hide in a ship (7)
13. Attacked and bombed perhaps (6)
15. A colourless individual (6)
18. Takes pains to produce inconvenience (7)
20. Vessel carrying fuel from Loire (5)
22. All right, a sanctimonious creature (5)
23. Terminated the sitting presumably (5,2)
24. Discerning writer and French sailor (11)

Down

2. Dislikes herbs, perhaps (6)
3. Money from pirates (7)
4. Enjoy a flavour (6)
5. Presents one's natural talents (5)
6 Ends of routes vary in merit (7)
7 News being made? (11)
8. It records world-shaking events (11)
14. Rich fabric with an outstanding design (7)
16 The prospect for a guardsman (4,3)
17 Woodworker is something of a problem (5)
19. She's a new member of a union (5)
21 Like a ship taking a number to port (5)

Quick Clues:

Across

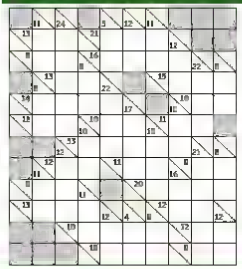
1 Inconsiderate (11)
9 Dark cell (7)
10 Combine (5)
11. Deposit (5)
12. Paid up (7)
13 Strain (6)
15 Motive (6)
18 Envelop (7)
20 Come in (5)
22. Felony (5)
23 Odd (7)
24 Stocks and shares (11)

Down

2. Sharpened (5)
3 Unravelling (7)
4. Upright (6)
5 Confine (5)
6 Arabies (7)
7 Immaturity (11)
8 Starting part (7,4)
14 Disturbance (7)
16 Put to death (7)
17 Issue (6)
19 Corpulent (5)
21 Reliance (5)

Last week's solutions.
Across 1 Penelope, 5 Spar, 9 Tear 10 Distract, 11 Cache 12 Pact, 13 Dent sits chair 18 Sea-fever 19 Toss; 20 Animate 21 Char 22 Nigh 23 Skittles Down 2 Enslave, 3 Earshot; 4 Pain in the neck, 6 Fanciest 7 Reluctant 8 Italic 13 Oriental 14 Nearing 16 Ice man 16 Hatchet 17 Inspire. QUICK Across 1 Contempt, 5 Serf 9 Alas, 10 Contract; 11 Equal 12 Inlet 13 Defect vapour 18 Ceremony 19 Eddy 20 Indeed 21 Offer. 22 Ever 23 Eyeglass. Down. 2 Chorus 3 Tedious 4 Provisionally 5 Emanate 7 Fitness 8 Entire 13 Deed'es, 14 Refuge 15 Commit 18 Needful, 17 Sentinese

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

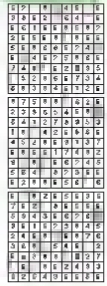
7			9		4		1	
		8	2	5			6	9
	9					8	7	
		9		4	1	5		
8	2			3			4	8
		1	8			9		
	4	6		2				1
9	8				3	7	5	
	7		4		5			

Intermediate

3		9	7			4		
	2		6		9		5	8
	5		1					6
7			3					9
	1			6		4		
6			4		5			
1					3		9	
5			9		4		2	1
		4			6	5		

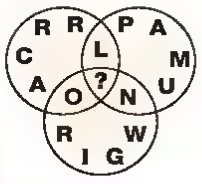
Difficult

	6		3		4		8	
		5					4	9
7					1			
	8		9					3
		7				8		
3					6		5	
			4					6
6	1			8		3		
	9		2				1	



Circlegram

Replace the quest on mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is K. Skullcap bearskin porkpie all types of hat

Anagramddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

			N	
		L		
E				
				E
	O			

A

F	O	O	N	D
E	L	O	N	I
W	I	L	E	D
L	O	O	B	E
W	O	G	E	S

B

Last week's solutions:
Crisp Renal Ingle Satan, Plead

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Motorists confess to drink-drive sins at Christmas

TWENTY FIVE percent (25%) of UK motorists have stopped someone from getting behind the wheel while near to or over the drink-drive limit at Christmas, according to a new survey commissioned by Car Loan 4U.

In the UK, the legal drink drive limit is 80mgs of alcohol per 100 millilitres of blood, which as a rough guide means men should consume no more than four units of alcohol, and women no more than three – yet as many as 35% are unaware of this heading into the festive season.

In fact, official guidelines state that the legal drink-drive limit cannot easily be interpreted into alcohol units because factors such as age, gender, weight and food consumed all affect people's drink tolerance differently, while in the words of Transport Minister Robert Goodwill "just one drink can put you over the limit and the consequences are devastating".

Furthermore, the survey, of 1,000 motorists in the UK, showed that 18% know someone who regularly drives when they are near or over the legal drink drive limit and while it's a small percentage, the findings still show that 2% drove this Christmas even if they knew they are near or over the legal drink drive limit.

10% of motorists also confessed that they have been near or over the legal drink drive limit at Christmas but still driven.

Car Loan 4U Director Ryan Dignan comments: "Drink driving at any time of the year is completely reckless, but to see the results of our survey revealing that some motorists would take a risk being near the legal limit this Christmas is shocking.

"Add to that, such a high percentage of motorists have had to stop someone from getting behind the wheel at Christmas because they might have been over the drink-drive limit and it adds plenty of weight behind the need to inform people that they are not only playing with their lives, but the lives of other drivers on the road.

"Everyone should know the legal drink drive limit and if they weren't sure, they shouldn't be driving full stop, it really is that simple. To see 35% of motorists in the UK don't know what it is puts into context how much continual awareness needs to be raised on the issue of drink-driving in this country."

Figures from the Department for Transport showed that the number of deaths in drink-drive accidents in the UK in 2012 increased by 26%, with a total of 290 deaths.

The survey revealed that 1% of motorists have been in an accident, which was caused by someone who they knew was near or over the legal drink-drive limit.

Other findings from the survey saw 14% of motorists admit that they would drive in an emergency and 6% a short distance if they never went on a main road this Christmas even if they knew they were near or over the legal drink drive limit.

Additionally, 4% would drive if it meant getting home for Christmas Day and 3% if they couldn't get a taxi or a lift, even if they knew they were near or over the legal drink drive limit.

Drivers tricked with phantom insurance by spoof online fraudsters

NFU Mutual is urging drivers to consider the risk of 'ghost brokers' when insuring their car online.

Illegal middlemen, known as 'ghost brokers', are targeting people looking for cheaper car insurance by offering them products that are non-existent. The fraudsters are posing as legitimate insurance brokers targeting those people who are more likely to consider cut price insurance to help save money.

Jason Potter, Underwriting Fraud Specialist at NFU Mutual, said: "What people don't know is that the money they think they're saving will simply disappear and could cost them for the rest of their lives.

"People caught out by these scams will be hit twice in their pockets. Those found to be driving without valid insurance can not only find themselves with a criminal record, but will also face an instant fine of £300 and have to fork out for a new insurance policy with a big chunk of their money already lost to phantom fraudsters."

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Sunday 12th January	Spinnaker Tower, Portsmouth (NEW)
Sunday 19th January	The Solent Hotel & Spa, Whiteley
Sunday 26th January	The Winchester Hotel & Spa
Sunday 2nd February	De Vere Venues New Place, Shirrell Heath
Sunday 16th February	Portsmouth Guildhall
Sunday 23rd February	Old Thorns Manor Hotel, Liphook
Sunday 9th March	Portsmouth Marriott
Sunday 16th March	Grand Harbour Hotel, Southampton (NEW)
Sunday 23rd March	The Holiday Inn, Titchfield
Sunday 13th April	Bournemouth Marriott (NEW)
Sunday 11th May	The Royal Marines Museum, Southsea
Sunday 18th May	The Grand, Brighton
Sunday 1st June	Old Thorns Manor Hotel, Liphook
Sunday 8th June	The Basingstoke Country Hotel (NEW)
Sunday 6th July	Cams Hall, Fareham
Sunday 13th July	The Concorde Club, Eastleigh
Sunday 31st August	Portsmouth Marriott
Sunday 14th September	The Solent Hotel & Spa, Whiteley
Sunday 28th September	Portsmouth Guildhall
Sunday 5th October	Old Thorns Manor Hotel, Liphook
Sunday 12th October	Grand Harbour Hotel, Southampton (NEW)
Sunday 19th October	The Royal Marines Museum, Southsea
Sunday 26th October	The Holiday Inn, Titchfield
Sunday 2nd November	De Vere Venues New Place, Shirrell Heath

More dates being added all the time. See website for up-to-date list.

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Football

City's big win against rivals

Saturday 28 December 2014
Sussex League Division One
Chichester City 3-1 Selsey

By Chester Browton

CHICHESTER conjured up a smash-and-grab victory to deny Selsey in this local derby clash. Selsey must have felt confident following their Boxing Day victory against Pagham but, despite dominating large parts of this contest in the Oaklands Park mud, they were beaten 3-1 with one of their former players Connor Cody scoring twice for City.

On several occasions during the first-half, dangerous long-ball raids from Selsey were frustrated by the linesman's flag and on 20 minutes Omar Bugiel narrowly failed to connect his head to a useful delivery.

Trying to count the number of corners awarded to Selsey turned into a hopeless task, but everytime Anthony Ender in the City goal dealt with whatever was thrown at him in faultless style.

And despite all the away pressure, it was Chichester that reached half time two goals ahead. First, an electrifying run down the right by Frazer Smith led to the ball being perfectly threaded through to Morgan Forry who rifled into the net on 28 minutes.

Then, four minutes later, Luke Killner's long free-kick found Cody at the far post who made it 2-0.

A bit of tactical fine-tuning during the interval paid dividends for Selsey, who immediately pulled one back from the restart through Bugiel.

Ryan Morey then came close to equalising moments later, his penetrative run through forcing Ender to save with his legs.

But any chance of a Selsey fightback was effectively scuppered when Chichester scored again on 56 minutes, Forry's free-kick being converted by Cody who once again was lurking in the right place at the right time.

With players tiring badly on the heavy pitch, there was little serious action during the final half-hour. Chichester's triumph means they have now only been beaten once in their last six contests.

"Football's a harsh game sometimes," tweeted Selsey boss Ryan Pharo afterwards, "but credit where credits due to Chichester – they did the basics right."

City: Ender, Heath, Madden, Boniface, Sanashee, Cody, Heggarty, Killner, Landais, F Smith, Forry. Sub: Groom.

Selsey: Joyce, Kilhams, Cowll, Parsons, Chatfield, Bingham, Bugiel, Wood, Martin, Wimble, R Morey. Subs: Thoms, Harrington.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	17	47
2	LITTLEHAMPTON TOWN	18	38
3	EAST GRINSTEAD TOWN	19	37
4	HORSHAMYMCA	20	34
5	HASSOCKS	18	34
6	CROWBOROUGH ATHLETIC	19	30
7	DORKING WANDERERS	20	30
8	LINGFIELD	18	29
9	SELSEY	19	28
10	PAGHAM	20	26
11	NEWHAVEN	18	25
12	CHICHESTER CITY	20	24
13	RINGMER	18	22
14	ST FRANCIS RANGERS	17	21
15	RYE UNITED	16	20
16	SHOREHAM	16	18
17	LANCING	18	19
18	ARUNDEL	17	14
19	HAILSHAM TOWN	18	10
20	WORTHING UNITED	18	4

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	16	41
2	LOXWOOD	18	41
3	HAYWARDS HEATH TOWN	19	38
4	BROADBRIDGE HEATH	17	35
5	LITTLE COMMON	20	33
6	REXHILE UNITED	18	28
7	STEYNING TOWN	16	27
8	WICK & BARNHAM UNITED	17	25
9	AFC UCKFIELD	16	25
10	MILE OAK	17	25
11	WESTFIELD	17	22
12	OAKWOOD	17	15
13	STORRINGTON	18	14
14	RUSTINGTON	19	14
15	SEAFORD TOWN	17	13
16	MIDHURST & EASEBOURNE	17	12
17	SALTDEAN UNITED	16	7

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	8	22
2	IFIELD	11	21
3	ROFFEY	10	18
4	SIDLESHAM	11	18
5	FERRING	8	16
6	RILLINGSHURST	12	13
7	HURSTPIERPOINT	10	13
8	ROTTINGDEAN VILLAGE	11	11
9	UCKFIELD TOWN	8	10
10	CLYMPING	10	10
11	SOUTHWICK	10	6

In-form Ladies top the leagues

South West Combinations League 2013-2014

	Team	P	PTS
1	Plymouth Argyle LFC	8	20
2	CHICHESTER CITY	8	20
3	Swindon Town	9	18
4	Forest Green Rovers Ladies	9	16
5	Larkhall Athletic	10	16
6	Exeter City LFC	6	10
7	Shanklin LFC	8	10
8	Keynsham Development LFC	11	10
9	Southampton Saints LFC	9	9
10	Newquay	11	9
11	University of Portsmouth LFC	8	2

CHICHESTER City Ladies are enjoying a well-earned rest over the Christmas period with record breaking performances from both sides at the start of the 2013/14 season. In total the sides have scored 118 goals and only conceded 23 in all competitions and the first and reserves are top of their respective tables. 25 different players have scored for the female side of the club and the cup runs are all still alive and kicking with two quarter finals, one semi final and the 2nd round proper of the FA Cup still to come.

The success has come from a solid foundation of player development and recruitment which is now entering its fifth season. Coaches Matt Wright and Liam Greenfield also take charge of Chichester College and University female sides (respectively) which provides a great feed for the squad with regards to both football and academic route ways. Many of the local area's best players attend the College in order to play for the club side and then progress onto University in the City to enable them to keep playing in the Chichester system.

Due to the influx of players the club has now started a third team who train every Thursday evening (1700-1800hrs) at Chichester College. These recreational sessions are open to all females aged 14+ and allow an opportunity for those who just want to play to be involved. The aim of the project would be to develop a squad for next season to enter the Sussex County division.

Furthermore the senior sides will reap the development of Chichester City Girls over the forth coming years as they work their way up through the age groups. Presently the girls system has three sides, mini greens (5-9yrs), under 11's and under13's who are all doing well in their own competitions. The Girls set up is run by the senior players and a group of qualified 'mum coaches' - the use of female role models has been a huge success and young players are improving at a rapid rate. The Girls Club has recently moved to Chichester University and runs every Saturday 1000-1130hrs (starting back on January 12th in the New Year).

For opportunities to get involved or to find out more about female football in Chichester contact Matt Wright on matt.wright@chichester.ac.uk or visit chichesterladiesfootball.co.uk

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